Selection:

Choose strawberries that are firm, plump, shiny, and brightly colored. Small berries have the most flavor. Avoid moldy, shriveled strawberries and berries that have green spots because they do not ripen after being picked.

Storage:

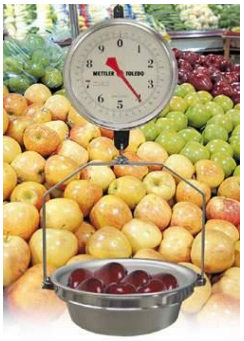
Store unwashed strawberries in a single layer on a paper towel in a container with a lid. Store in the refrigerator for 2 to 3 days.

Refrigerator: 2 to 3 days

Use:

Rinse strawberries thoroughly before preparing. After rinsing, use a knife to remove the hull. Strawberries are good for both cooking and eating raw.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Strawberries are usually sold in a prepackaged container. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of strawberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per

Total Weight (lbs) x Price = Cost of Strawberries

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of strawberries at $0.99 per lb? **2 lbs x $0.99 = $1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

8 medium Strawberries

Nutrition Facts	
Serving Size 8 medium berries (147g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 8 medium strawberries. All strawberries are not the same size, but you can use this to estimate the nutrition content for a smaller or larger strawberries.

Recipe:

Strawberry Parfaits

Preparation Time: 15 minutes
Serves 6
Cups of Fruit per Serving: ½

Ingredients:

2 cups sliced strawberries
1 banana, peeled and sliced
1 orange, peeled and sliced
1 cup cubed pineapple, fresh or canned
¼ cup orange juice
1 cup non-fat vanilla yogurt
¼ cup nuggets cereal

Preparation:

1.) In a bowl mix strawberries, banana, orange, and pineapple.
2.) Pour orange juice over fruit and toss.
3.) Refrigerate until chilled.
4.) To prepare parfaits - divide one half of the fruit mixture equally into 6 bowls.
5.) Top with heaping tablespoon of yogurt.
6.) Add remaining fruit divided equally, top with remaining yogurt, and sprinkle each parfait with cereal.

Nutrition Information per Serving:
Calories 110, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 60 mg, Carbohydrates 26 g, Dietary Fiber 3 g, Protein 3 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.